

PERQUIMANS COUNTY SENIOR CENTER

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944

Activities: 8:30am – 4:30pm / Monday - Friday

Phone: 426-5404

Ready...set....go..

UPCOMING ADVENTURES!

MYRTLE BEACH, SOUTH CAROLINA – *Myrtle Beach, SC, March 27-29 2023!*

This exciting and fun-filled opportunity will include deluxe transportation, two nights reservations in an Ocean Front Luxury Hotel in Myrtle Beach with Hot Breakfast provided, show at the Carolina Opry, Show at the Alabama Theatre, Two Dinners, a visit to the Myrtle Beach State Park, Broadway at the Beach, Ripley's Aquarium, and a Visit to Brookgreen Gardens. Cost per person based upon double occupancy is \$545, single occupancy \$644. First Deposit of \$200 is due by December 9, 2022, with Final Payment Due by February 17, 2023

Staff:

Bert Gordon

Beverly Gregory

LuRee Sawyer

Penny Trueblood

The Perquimans County
Senior Citizens Center and
Nutrition Site

will be closed to observe

Christmas

December 23, 26, & 27, 2022



Closed

Monday, January 2, 2023

New Year's Day.

Meals on Wheels Volunteers needed!

Are you looking for a fun, easy and
rewarding way to serve others?

Home Delivered Meals Volunteers are the
ONLY reason we are able to serve our
Perquimans County home bound seniors
with meals throughout the week.

Volunteers play a key role in providing
seniors, not only with a meal, but offer
much needed socialization and **smiles!**

There is flexible scheduling to meet our
volunteers' needs.

Perquimans Senior Center

252 426-8309

Jenny Coppersmith, Nutrition Manager



Ready...set....go..

UPCOMING EVENTS!

BILTMORE ESTATE IN ASHEVILLE, NC - A visit to Biltmore is a feast for the senses, featuring wreaths, garlands and the sparkle of thousands of ornaments from Biltmore House to Antler Hill Village! This 3-day 2-night travel includes hotel accommodations, breakfasts at your hotel, Dinner at the Blue Ridge Restaurant at The Omni Grove Park Inn, Holiday Lunch at Biltmore Estate, Explore the Holiday Beauty of the Biltmore House, Guided Tour of Asheville, Admission to Biltmore Gardens and Grounds: Garden Conservatory, Antler Village, Biltmore's shops, Wine Tasting and The Gingerbread Display! Adventure Dates: **November 30 - December 2, 2022.** Reservations are established., an Itinerary is now available. Travelers **Please arrive by 7:00 am**, November 30.

COUNTRY CHRISTMAS – ***Friday night, December 2, 2022,*** we will enjoy the dinner and show “Country Christmas” with Adam Nixon and the “Hallelujah Crew” at the Onley Place nestled in Craney Island. Registration is complete. We will leave the center at 5pm.

COOKIES WITH THE COORDINATOR—: **Monday, December 5, 10:30 am**, let us meet together as we look forward to a new year, talk about a few plans for the center and gather the ideas from and interests of center members.

Christmas Music by Violinist— Christmas Special—Please join us **Wednesday, December 7, at 10:30 am**, for special guests Nancy Jones and Michael Koch. These violinists will present a Musical Christmas Special just for us!!

MIKE'S FARM AND THE HO HO CHRISTMAS SHOW – We are traveling to Beulaville, **December 8** to enjoy old fashioned cooking at **2:30 pm** a musical variety show of Christmas Classics at 3:45 pm with a touch of comedy, and the Festival of Lights Hayride at 5:30 pm! We will leave the center at **10:30 am**. Registration is complete / “Standby” list is open.

ECU Arthritis Education— Donna Roberson with ECU will present Arthritis Education at **10:30 am, Friday, December 9.** Arthritis means **inflammation or swelling of one or more joints**. It describes more than 100 conditions that affect the joints, tissues around the joint, and other connective tissues. Specific symptoms vary depending on the type of arthritis, but usually include joint pain and stiffness.



Dementia & Brain Health—Julie Gaven, M.S. CCC-SLP currently serves as a Research Program Manager with the Brody School of Medicine at East Carolina University, where she is honored to also serve as ECU's regional site coordinator for the statewide NC Registry for Brain Health (www.ncbrianhealth.org). A medical Speech-Language Pathologist and certified Brain Longevity Specialist with over a decade of neurological rehabilitation experience at level 1 trauma centers and large teaching hospitals, she is passionate about holistic brain health and dedicated to supporting the well-being of patients, caregivers, elders and our diverse communities across eastern North Carolina. Join with us as we welcome Julie, **Monday, December 12 at 10:30 am.**

Fire Safety — Our Fire Marshal, Barry Overman, will meet with us **Wednesday, December 14 at 10:30 am** to promote our awareness of fire safety.

CHRISTMAS PROGRESSIVE MEAL, FELLOWSHIP & CAROLING – **Thursday, December 15** we will begin our celebration with Hors D'oeuvres @ 11:00 am, and add great fellowship, covered dish lunch, games and top it off with Christmas Caroling and delicious Desserts! Save the Date! You are invited to bring your special Hors D'oeuvre, a complimentary dish for lunch or a delicious dessert. Register by **December 12, 2022.**

MOTIVATIONAL NEW YEAR'S TIPS: - **Monday, January 9**, we welcome Perquimans County's Family and Consumer Sciences Agent, Ms. Sarah Snowden at 10:30 am. Sara will bring us New Year's motivational Healthy Living tips.

TAKE CONTROL: You are invited to join us as we learn how to **take control!** This comprehensive program empowers adults to learn about preventable chronic diseases. Each session includes a brief physical activity break, a recipe demonstration, goal-setting, and a review of helpful nutrition strategies. Mondays at 10:30 am. Beginning February 6, extending through March 27th.

WALK WITH EASE - Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. This program is for people who want to reduce the pain and discomfort of arthritis and/or joint pain, desire to increase balance, strength and walking pace, build confidence in the ability to be physically active and improve overall health.

This program begins **Monday, February 13, 2023**. Sessions start promptly at 8:30am, Monday, Wednesday and Friday each week, with an anticipated class ending date of March 24, 2023. Please register for this class by February 8, 2023. ***An informational session will be held Friday, February 3, 2023 at 10:45am.***

YARD SALE: - **April 1, 2023; 8 am to 12 pm**. Rental spaces will be available , (Costs \$15.00 for space and \$20.00 W/Table set up). We Welcome donations and they will be accepted on the following dates: March 27, 28 & 29, 2023. Please contact Penny, 426-5404 for more information and / or rental space.

ORGANIZATIONS

FAMILY CAREGIVER SUPPORT GROUP -

This support group is for those caring for a loved one with Alzheimer's disease or another form of dementia and meets on the 2nd Monday of the month in the Sunday School Building of the Hertford United



Methodist Church starting at 1pm. **You are not alone.**

For more information, call Lynne Raisor at 404-7090.

SENIOR FOOD BOX -

CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens aged 60 and better with household income with financial qualifications.

You may contact a CSFP representative for information by calling 252-337-4755. This month the Senior Food Box Distribution Date is **Friday December 9, 2022 at 10:00 am** and located at our Local County Community Center (Recreation Center.) Application and approval are required.

TOPS (Take Off Pounds Sensibly) -

TOPS is a weight loss group and meets each Thursday with weigh in beginning at 9:00am and the program starting at 10am.

New members are welcome.

Perquimans County Senior Citizens Center
1072 Harvey Point Road
Hertford, NC 27944
(252) 426-5404

Everyday....

Hours of operation: Mon.—Fri. 8:00 AM—5:00 PM

Coming Events for December....

Monday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Nutrition

12 Noon - Train Dominoes

12 Noon - Afternoon Games

1:00 pm Mah-Jongg

1:00 pm Bridge

TUESDAY

10:00 am Line Dancing

12:00 pm -Afternoon Games

1:00 pm Yarn Corner

2 pm Zumba

Wednesday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Nutrition

12 Noon - Train Dominoes

12 Noon -Afternoon Games

1 - 3 pm BINGO

Thursday

9:00 am TOPS

12 Noon - Afternoon Games

6:00 pm Line Dancing

Friday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Nutrition

12 Noon - Afternoon Games

12 Noon - Train Dominos

STUDYING The Book of JOHN - Ms. Louise Ayscue, graduate of Roanoke Bible College, will continue to lead in the Bible study **Fridays at 10:30 am.**

WALK WITH EASE— Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. These eighteen sessions, six-week class has concluded, and participants are meeting at **8:30am Monday, Wednesday, and Friday**, at 8:30 am start with warm up exercises, stretching and walking. Other center members are welcome to join us.

FRIENDSHIP ROCKS - Ms. Doreen leads us the first Thursday of each month with this opportunity to paint Friendship Rocks with a friendly face, picture or inspirational message to keep for yourself or share in our community. This month we will meet **Thursday**, December 1, at 9-11:00 am

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday December 6.** We will depart at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, December 2. We will travel to the Greenbriar Mall for this shopping adventure.

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, December 7, at 10:15 am,** our local EMS team will be available to check your blood pressure and vital signs.

ACRYLICS FOR BEGINNERS — Sandra Henely will lead beginners' acrylics from **9:00-11:00am, Thursday, December 8.** Cost is \$5.00. Registration is limited to eight participants. Please register by Monday, December 5, 2022.

JACK'S EASY LINE DANCING—Jackson Henderson will lead in easy steps for easy line dances, **Monday, December 16,** at 10:30 am.

TWO-STEP & THE ELECTRIC SLIDE — Join us Monday, **December 19,** at **10:30 am.** Mamie, Sera & Shirley will return to continue leading us in the two-step and the Electric Slide. Thank you, Mamie, Sera and Shirley!

Movie & Popcorn — Sign up today for a movie and popcorn here at the center! **Tuesday, December 20, at 1 pm.** Please register by: December 15.

Christmas Ceramic Ornaments—**December 21, 2022 at 10:30 am.** Come paint your own ceramic Christmas Ornament to decorate your tree!! Costs \$1.00.

Craft — Making Birdhouses, Penny will lead in an opportunity to build & paint a Birdhouse, Thursday, **December 22, at 9:00 am. Please register by December 16.** Class Size Limited Eight.

GAME DAY & PIZZA— **December 28, at 11:30 am** - We will enjoy a great time of fellowship, enjoy pizza followed by playing your favorite game. Pre-register by: December 22.

Regularly Scheduled Activities

AFTERNOON GAMES - Games are on the calendar scheduled for afternoons. You may play at other times if you have a group to play and there is space available.

BELLS WITH MS. PEGGY – You are welcome to join us as Ms. Peggy leads us **Monday, December 5, at 11:30 am** and **December 19, at 11:30 am** for Handbells during congregate meals.

BINGO - Bingo is played each **Wednesday from 1 pm until 3 pm** with at least four players. No charge to play. Small prizes awarded. **Bring a snack about once a month to share with fellow players.** We have a snack break at 2 pm for 15 minutes.

BIRTHDAY CELEBRATION – December birthdays will be celebrated on **Wednesday, December 7**, right after lunch is served! Please let us know if you celebrate your birthday in December.

BOWLING - Seniors bowl on Tuesdays starting at 1 pm at Albemarle Bowling Lanes in Elizabeth City. Cost is \$2.50 per game.

BRIDGE – We are playing Bridge on **Mondays, at 1:00 pm**. This is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Please join the opportunity to play Bridge.



CANASTA – Table games are played **each afternoon** and Canasta is a favorite. Please come join us. We welcome you and are glad to share how to play this game.

CHOIR – The choir will meet for practice, **Thursday December 1, 2022, at 1:00 pm**, also, December 1, Hertford Baptist Church, Eric Horner, Christmas Concert Singing at 6:00 pm. **Thursday December 8**, Gather at Story's Seafood at 12:30 pm (and/or meet at nursing home for singing at 2). **December 15**, your invited for Hors D'oeuvres at 11:00 am, (must register) following with lunch at 12:30 pm and Caroling @ 2:00 pm. **December 22**, leaving center 12:00 Noon, to eat at Quality Seafood, Elizabeth City, and singing at Waterbrook 1:30 pm.

Thank you choir! New Members are welcome.

COMPUTER STATIONS - We have four computers for you to use. Please no food or drink in this area. Open **Monday - Friday, 8:30 am until 4:30 pm**.

CONGREGATE MEALS - Meals are served **Monday, Wednesday and Friday @ 11:30 am**. You must sign up for your lunch prior to noon by the day lunch is served preceding the date you attend. All Perquimans County members 60 years of age and better are invited to join us for dine-in nutrition. If you have not yet attended and would like to join in this wonderful meal and great fellowship, please see Jenny Coppersmith to complete your application. Office hours: **9am-1pm 426-8309**. **Donations are needed and accepted!**

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday** starting at **9:30 am**. **You must have a wavier and registration form on file in order to participate.**

FITNESS ROOM - The Fitness room is open 8:30 am until 4:30 pm, Monday - Friday. You need registration and waiver on file in order to use the equipment.



GAME ROOM - We have 2 billiards tables, Table Tennis tables, as well as darts available in this room. A foosball table is also available. Open **Monday - Friday, 8:30 am-4:30 pm.**

LINE DANCING - Come join us for Line Dancing, each **Tuesday morning at 10:00 am** and/or the **Thursday evening** class which meets at **6 pm.** Mike and Lorraine are leaders for both classes. Thank you, Mike and Lorraine. Donations accepted!

MAH-JONGG - Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We need more players. Terri Valentine has volunteered to teach this game and will resume soon. Please let Beverly know if you would like to play/learn this game. Come and join us **Mondays at 1pm.**

MASTER GARDENERS — Master Gardeners, Annie Nofsinger, Penni and Tiffany have lead members in this great opportunity. Planning for 2023 will be scheduled in January.

OUTDOOR GAMES - Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting. Volunteers updated our outside game area, and we are enjoying these games!

PICKLEBALL - This game is played at the Rec Center Monday, Tuesday and Thursday mornings starting at 9:30 a.m. You may call 426-5695 to be sure there are others there to play.

ROOK, PHASE 10, RUMMIKUB, TUCK & CANASTA - All these games are available here to play or bring your own.

T'AI CHI CLASSES - Harriet Marquit is the instructor for the T'AI CHI class and meets **Thursday afternoons, December 8, and 22.** This class begins at **2 pm** rotating with chair Yoga class instruction. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us.

TRAIN DOMINOES - Each **Monday, Wednesday and Friday**, we gather to play Train Dominoes **at noon.** Come and play or come to learn and play.

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday, December 6.** We will depart at 9:00 am and return by 4:00 pm - \$3.00 per person. Please make your reservation by Friday, December 2. We will travel to Greenbrier Mall, Virginia for this shopping adventure.

YARN CORNER: **Tuesdays** you have an opportunity to join in sharing ideas and projects as we gather to knit and crochet together at **1 pm.**

CHAIR YOGA CLASSES - Harriet Marquit will lead Chair Yoga, Thursday, **December 11, 2022 and December 15, at 2 pm.** \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesday, **December 6, and December 13**, this month at **2 pm**, \$5.00 Session Fee. **December 20**, will be with Zumba Video. Ms. Elliott will lead this aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music for a minimum class of eight to ten members.

Note:

Charges may apply to some of our activities / crafts. Please see Flyer upon sign-up of event for such fee(s).



We also offer....

- ♦ Archery
- ♦ Bingo
- ♦ Charter Bus Trips
- ♦ Choir
- ♦ Congregate Meals
- ♦ Educational Speakers
- ♦ Exercise Equipment
- ♦ Exercise Programs
- ♦ Gardening
- ♦ Hand Bells
- ♦ Health Screenings
- ♦ Indoor Games
- ♦ Line Dancing
- ♦ Meals on Wheels
- ♦ Monthly Day trips
- ♦ Monthly Shopping Trip
- ♦ Outdoor Games
- ♦ Paint/Crafts
- ♦ Puzzles
- ♦ Senior Games Participation
- ♦ Sewing
- ♦ Tai-Chi
- ♦ TOPS
- ♦ Walk with Ease Programs
- ♦ Monthly BP checks
- ♦ Yarn Corner
- ♦ Yoga
- ♦ Zumba
- ♦ Much More!!!



Statement of Purpose

The mission of the Perquimans County Senior Citizens Center is to seek to improve and enhance the quality of life of our older adult population and to promote their participation on all aspects of community life.

Special Note:

Inter County Public Transportation provides services to all ages!
(Fees may apply) ICPTA services are intended to transport the public to nutrition sites, medical appointments, and other locations in order to access services or attend activities related to daily living, while promoting quality of life.
ICPTA 252-338-4480
To receive transportation to our nutrition site, please call
Ms. Jenny Coppersmith, Nutrition Manager, to receive additional information. 252-426-8309.

Our goals are for everyone to have great fellowship, feel welcomed, to participate and enjoy fitness opportunities and fun here at the Center!

- Staff



Did You Know....

You Must be 55 years or older to join the fun at the Senior Center!
You must be 60 years or older to participate in congregate meal